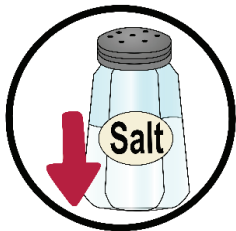


# Teaching Tool Download

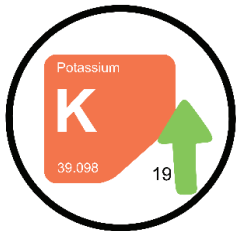
## DIABETES FRIENDLY EATING PLAN

### 4 WAYS TO INCLUDE SWEETPOTATOES INTO A HEART HEALTHY & DIABETES FRIENDLY EATING PLAN

Keep your heart healthy and your blood sugar levels in target by following these guidelines:



1. **Lowering sodium**– Experiment with different spices, other than salt, to season your food. Using spices will not raise the carbohydrate or calorie level in food and will keep your sodium intake lower than if you used table, sea, kosher or Himalayan salt. It will be a fun adventure in cooking to try spices that are savory instead of sweet on your sweetpotato. Or you can try adding cinnamon, ginger, allspice, cloves or nutmeg for a sweeter sweetpotato.



2. **Increasing potassium**– An adequate Intake of potassium for men ages 19 – 51+ is 3,400 milligrams/day and for women 2,600 milligrams/day. Both animal and plant foods contain potassium. Fruits and vegetables including beans and potatoes are generally the highest potassium foods. Sweetpotatoes contain 377 milligrams of potassium for a 3.5 ounce serving.



3. **Monitor carbohydrate**– The food we eat has a direct effect on our blood sugar levels but there are some things you can do to keep blood sugar levels steady. When eating carbohydrates, try to combine the carb food with a source of lean protein or healthy fat. This will help slow down a rise in blood sugar after eating your meal. Also try to choose carbohydrate containing foods that have fiber. Foods that are higher in fiber also help blunt blood sugar rises after eating. Research has shown that foods that are high in soluble fiber (you will see the grams of soluble fiber on food labels) can help lower cholesterol levels.



4. **Go lean with protein**– Choose lower fat protein sources at your meals to especially keep your saturated fat low and trans-fat to as low as possible. Most trans-fat comes from meat and dairy products, but some food companies may add trans fat to their products. You can find the trans fat listed on food labels, look for products that have 0 grams trans-fat listed.

